

Challenges for 2013

The staff for the FSS program believes in the power of setting and accomplishing goals. That's why we've developed these **Challenges for 2013!** Periodically, we will send you a new challenge to overcome. As you accomplish your goals, we invite you to share your success! Simply hit reply to this email to tell us about how you're doing, suggest topics and share resources or tips !

Challenge

6

August

Is Going Back to School Month!

School break is slowly coming to an end, and is time to get back into the school mindset.

Have your goals changed? Remember to [Contact the FSS program](#) today to update your contract!

Five Tips for Adults Thinking of

Going Back to School

1. Gather a support system

Going back to school may seem very overwhelming and stressful, but if you have a support system it can help to release some of the stress you may have. This system can consist of your family, close friends, spouse, mentors, or anyone who seeks to provide any type of support. Whether it be volunteering to take your child to school, or helping you financially, these are things that can make the transition of going back to school so much easier. The impact of your support system makes you want to push yourself to show them that because of their help, you will finish something you started.



2. View going back to school as a strategic, long-term investment

A lot of people feel discouraged about going back to school because the cost can be a barrier in this economy. A person should not view this as a setback, but rather a long-term investment that will benefit them in the workforce, as well as qualifying them for a better paying job. In addition to this, there are different student aids available for returning adults. For example, FAFSA (free application for federal student aid) is usually the most common aid where students do not have to pay back the money. The application only needs to be completed once a year. For more information refer to the following website: www.fafsa.gov. Another option to pay for schooling is student loans. Although most people are not excited to take out a student loan, they realize later on that it was worth the investment when they excel in the career that they pursue. And lastly, people can apply for scholarships; which are really just free money that you don't have to pay back. Many scholarships only require an essay about your accomplishments or any obstacles that you have overcome. This process is easy, and wouldn't you want free money to further your education?

3. Build on your strengths

Many people feel like they do not want to go back to school because they are already experts in their field. They may also feel like any of their weaknesses will be exposed. But what people do not realize is that going back to school will actually build on their strengths and will enable them to gain more knowledge in their field.

4. Take advantage of online learning

Some individuals many not have had the chance to try online classes when they first went to school. Luckily, due to technology advancements, people are now able to attend school in the comfort of their own home. Online classes are very flexible, which helps you juggle a job and family, since its convenient and you can proceed at your own pace. Another benefit of online classes is that there is no stress of driving to school or getting other transportation.



5. Enjoy the ride

Going back to school may be a huge commitment either financially or mentally, but you will have opportunities to meet professors, and other people with the same interest in the related field. This ride will have ups and downs but having a support system is beneficial to not give up because at the end all the struggles will be worth it. You will have the opportunity to learn new skills and knowledge which you can share in your future job.

Textbooks

Textbooks can be expensive, but there are different sources available where you can find textbooks for a cheaper price. Instead of buying books, some places actually give you the option to rent them for a certain time period. It is up to each person to make that decision to spend a couple more dollars to buy the book and keep it for themselves or renting the book and returning it for a lower cost. These websites give you the option to either buy or rent books:



- www.cheapesttextbooks.com www.half.ebay.com/textbooks
- www.cheqq.com/textbooks www.amazon.com

You do not like the idea of going to school for two+ years? Are you in a hurry to be done with school and want to find a better job? Well, there are options!

School Options

If community college is not for you, and you do not want to spend 2+ years in school, there are other options available. If you want to be in the health related field, there are health occupation centers that provide affordable quality education for those interested in employment preparation, skill advancement, and/or personal fulfillment in the health field. Some programs range from 3 months to 10 months, depending on the classes. Another option available is the Center for Employment Training which offers welding fabrication, medical assisting, and green building construction. Refer to the following information below to learn more information about the programs.

Grossmont Health

Occupations Center

9368 Oakbourne Rd.

Santee, CA 92071

619-956-4300

<http://hoc.guhsd.net>

Center for

Employment Training

4153 Market Street

San Diego, CA 92102

619- 527-4895

www.cetweb.org

Places for Cheap School Supplies

School supplies can be expensive and in this economy we all try to find school supplies at a lower price. The most common school supplies (line paper, pens, erasers, highlighters, pencils, folders) can be purchased for an affordable price at these locations:



1. **Max Dollar Store:** notebooks, paper, pencils, staples, highlighters, all one dollar

2. **Box Stop:** copies at a lower price

3. **5-dollar Clothing Warehouse:** no items exceeds five dollars

4. **Wal-Mart:** a little of everything for less



“Education is the passport to the future, for tomorrow belongs to those who prepare for it today”.



For information on all of the County of San Diego Department of Housing and Community Development's programs and activities, like us on

